

# *Quit Smoking Louisa County*

With guest speakers from:



**A free support group to help you quit smoking!**

Every Thursday, 5:30-6:30PM

September 5th through November 21st

@ the Louisa County Health Dept.

540 Industrial Drive,

Louisa, 23903

Led by Mary Beth Slagle, NP

- Friendly and supportive group setting -
- Wide range of informative speakers -
- No advance registration needed -
- Anyone can join at any time! -

For more information : [www.tjhd.org](http://www.tjhd.org) or (434) 972-6244